



Saratoga County Office for the Aging

April 2014

# The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231



***Save the date: Friday, May 16, 2014***

Saratoga County Senior Citizens' Annual Spring Luncheon  
At the Saratoga Springs City Center  
Broadway, Saratoga Springs



**Theme: A Day at the Circus**

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for  
***May 2014.***

Corinth Senior Center	9:00am to 11:00am	May 21, 2014
Waterford Senior Center	10:30am to 11:30am	May 20, 2014
Doubleday Woods	10:00am to 12:00pm	May 23, 2014

## **Need Help Paying for Medicare?**

**Medicare Savings Programs**, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

**Representatives from OFA will be available at the Health Screenings listed above (excluding Double Day Woods) to assist you or you may call 884-4100 to see if you qualify.**



## **Preventing Falls in the Home**

***"Falls are often due to hazards that are easy to overlook but easy to fix"***

### **Safety Check for Floors**

- ◆ When you walk through do you have to walk around furniture?  
Ask someone to move the furniture so your path is clear.
- ◆ Do you have throw rugs on the floor?  
Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- ◆ Are there papers, books, towels, shoes, magazines, blankets or other objects on the floor?  
Pick up things that are on the floor. Always keep objects off the floors.
- ◆ Do you have to walk over or around wires or cords (like lamp, telephone or extension cords)?  
Coil or tape cords and wires next to the wall so you don't trip over them. If needed have an electrician put in another outlet.

\*A message from Public Health

## Are there any programs that can help me afford my prescription drug costs?

If you have limited finances, you may qualify for **Extra Help**. Extra Help is the federal assistance program that helps people with limited finances pay for their Medicare prescription drug costs. To be eligible for Extra Help, you need to have or be eligible for Medicare prescription drug coverage through either a stand-alone Medicare Part D plan that works with Original Medicare or a Medicare Advantage plan that offers prescription drug coverage.

Depending on your income and assets, Extra Help may help pay the following Part D costs:

- Part D premium
- Part D deductible
- Prescription drug copay/coinsurance

If you enrolled into Part D late and you incurred a Part D premium penalty, Extra Help will waive your premium penalty. In addition, having Extra Help entitles you to a Special Enrollment Period (SEP) that allows you to change your Part D plan once every month.

In order to qualify for Extra Help, you must receive less than \$1,436 per month (\$1,393 for couples) and have \$13,300 in assets (\$26,580 for couples) or less. Keep in mind that if you have Medicaid Supplemental Security Income, or a Medicare Savings Program, you automatically qualify for Extra Help.

**Call the Social Security Administration at 800-772-1213 or visit [www.ssa.gov](http://www.ssa.gov) to apply for Extra Help**

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## **AARP Volunteer Tax Preparation**

There is still some time left and appointments available before your taxes need to be filed. The deadline to file is Monday, April 15. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. **Please call one of the following locations for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Halfmoon Senior Center	Tuesdays & Thursdays	2-1-1
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays	664-7877
Mechanicville Library	Thursdays	664-4646
Moreau Community Center	Tuesdays	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Tuesdays thru Fridays	383-1343
Southern Saratoga YMCA (Clifton Park)	Tuesdays	2-1-1

**Please be sure to bring:**

**Your Social Security Card, A Photo ID, A Copy of your 2012 Tax Return**

**Medicare Monthly Tip:** Have you tried Medicare's Blue Button yet? We've expanded it to let you view and download even more of your claims information to give you a better picture of your overall health. This can help you make more informed decisions about your care and can help you give your health care providers a more complete view of your health history.

**Visit [www.medicare.gov](http://www.medicare.gov) for more information.**

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Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, N. Y. 12020

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**From our Dietician:**  
**Nutrition Facts That May Surprise You**

No April Fools' or misinformation here just the truth on some common nutrition misperceptions.

**Fresh Produce is not always the best-** When comparing off-season fresh produce that is picked less ripe and shipped for long distances, preserved (canned, frozen or dried) fruits and vegetables can be just as healthy as fresh and sometimes offer even more nutrition. Be sure however, to buy your preserved fruits and vegetables without added salt and sugar.

**Processed foods provide more salt than the salt shaker-** We may often focus on shunning the salt shaker at the table as a way to lower our salt intake however it is estimated that only 10% of our salt intake comes from this source. The majority of our salt intake comes from processed and prepared foods such as cold cuts, canned soups, packaged side dishes and restaurant meals. Many surprising foods such as bread and cereal can also be high in sodium. Per serving size, some bread can contain up to 400 mg of sodium and some ready to eat cereals can be in the 250-300 mg range. Lesson is check food labels for sodium content.

**Greek yogurt does not contain as much calcium as regular yogurt-** Although Greek yogurt is a healthy food high in protein and providing "friendly" bacteria to our GI tract, you may be surprised to know that it contains less calcium than traditional yogurt. Depending on brand, it may be up to 30% less per a 6 oz. serving. Many traditional yogurts are also fortified with Vitamin D which is not always the case with some greek yogurts. You may want to rethink or vary your yogurt choice if you're relying on yogurt to provide your daily calcium requirement.

**Popcorn is a whole grain-** This fun snack is healthy, low calorie and an easy way to add a serving to the suggested three serving of whole grain foods per day. Avoid popcorn however that has added saturated or trans fat, salt, and movie popcorn so you don't diminish any benefit of eating whole grains.

**A gluten free diet is not a weight loss diet-** Unless you have a confirmed diagnosis of celiac disease, gluten sensitivity or wheat allergy, there is no proven evidence that a gluten free diet offers weight loss or health benefits. Gluten-free foods are not always calorie wise or nutrient rich food choices and can sometimes contain more calories than the traditional foods they are meant to replace.

**Low-fat does not always mean healthy-** We often relate low fats snacks as the healthiest options however they are often high in salt, sugar, contain refined grains and offer little nutrients. Pretzels for example are low fat but contain refined white flour, salt crystals and very few nutrients. Snacks such as unsalted nuts, yogurt or fruit are more nutrient rich.